

Southview Church
Understanding Your Valentine and Their Emotions
January 10th 2022 7:00 pm

Purpose: using your emotions in a healthy way to better understand yourself and your spouse or partner.

The importance of emotions

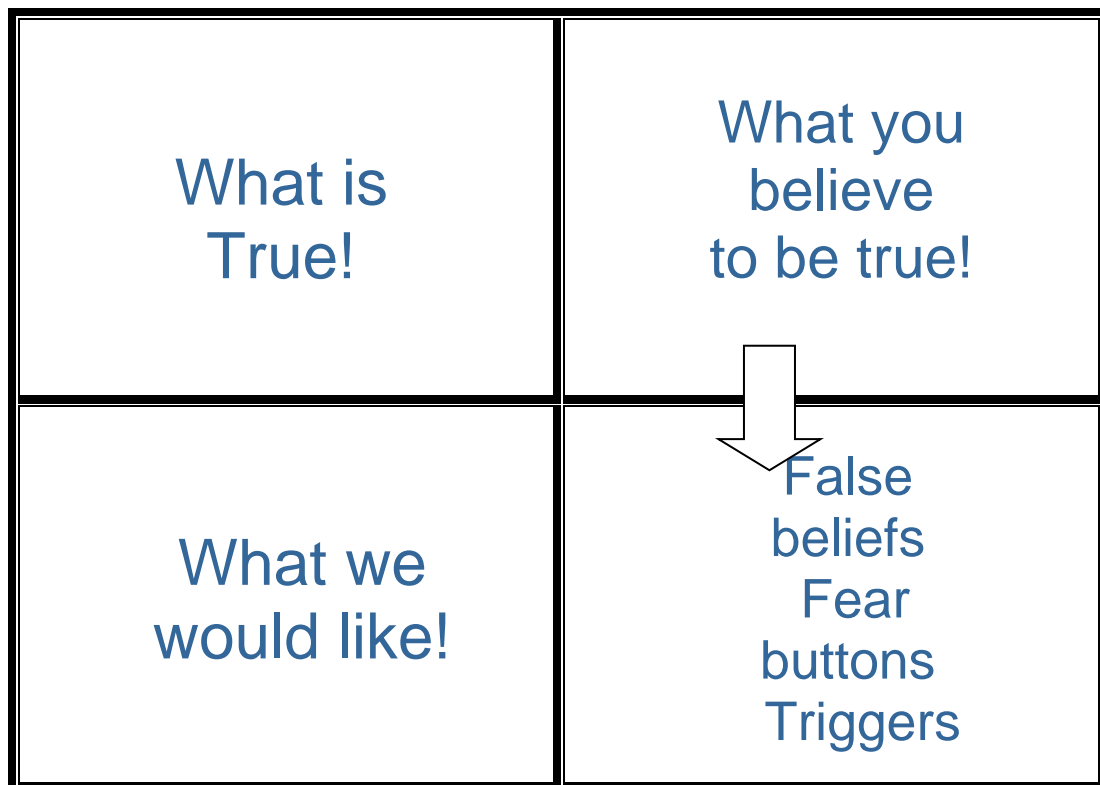
Our Story

- Family History
- The Challenges
- Our Discovery

Becoming Teammates

- Accepting your partners emotions
- Being intrigued with your partners emotions
- Discerning your partners emotions:
 - Understanding what is true, what we desire and what we believe to be true - (False beliefs – fear buttons – triggers)

Looking through the window of your emotions



Audience: how were emotions handled in your home?

1. How were emotions viewed in your home growing up?
2. How do you currently handle emotions in your relationship?
3. What have you learned about emotions today that may be helpful for you in your relationship?
4. As a couple discuss what you would like to keep and what you would like to change in regards to emotions in your relationship and how you could use them in a healthier way.

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The Association of Counselling Therapy of Alberta